



CROSS TIMBERS FAMILY YMCA
2023 BASKETBALL GYM SCHEDULE -
Facility Hours: Mon-Thur 5a - 9p, Fri 5a - 8p, Sat 7a - 4p, Sun 1p - 5p

Updated March 25

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
OPEN 5A - 9P			OPEN 5A - 9P			OPEN 5A - 9P			OPEN 5A - 9P			OPEN 5A - 8P		
TIME	SIDE A	SIDE B	TIME	SIDE A	SIDE B	TIME	SIDE A	SIDE B	TIME	SIDE A	SIDE B	TIME	SIDE A	SIDE B
5 AM			5 AM			5 AM			5 AM			5 AM		
6 AM			6 AM			6 AM			6 AM			6 AM		
7 AM			7 AM			7 AM			7 AM			7 AM		
8 AM			8 AM			8 AM			8 AM			8 AM		
9 AM	Line Dance		9 AM			9 AM	Line Dance		9 AM	Mobility		9 AM		
10 AM			10 AM	Pickleball		10 AM			10 AM	Pickleball		10 AM		
11 AM			11 AM			11 AM			11 AM			11 AM		
12 PM			12 PM			12 PM			12 PM			12 PM		
1 PM			1 PM			1 PM			1 PM			1 PM		
2 PM			2 PM			2 PM			2 PM			2 PM		
3 PM			3 PM			3 PM			3 PM			3 PM		
4 PM			4 PM			4 PM			4 PM			4 PM		
5 PM			5 PM			5 PM			5 PM			5 PM		Vball Practice
6 PM			6 PM		Vball Practice	6 PM	Vball Practice	Women's Volleyball	6 PM	Get Up & Go	Vball Practice	6 PM		
7 PM			7 PM			7 PM			7 PM			7 PM		
8 PM			8 PM			8 PM			8 PM			8 PM		

SATURDAY			SUNDAY		
OPEN 7A - 4P			OPEN 1P - 5P		
TIME	SIDE A	SIDE B			
5 AM					
6 AM					
7 AM					
8 AM					
9 AM					
10 AM					
11 AM					
12 PM					
1 PM			1 PM		Pickleball
2 PM			2 PM		
3 PM			3 PM		
4 PM			4 PM		

SIDE A IS CLOSEST TO LOCKER ROOMS
SIDE B IS FAR SIDE OF GYM

SCHEDULE SUBJECT TO CHANGE

Vball Practices